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## **QUARTERLY TAPE**

### *Network Of Light-Nervous System*

With this exercise we come full circle. It is easy to visualize the nervous system as a literal network of light interpenetrating our skins and touching every organ system and cell in our bodies. This system is built for speed. Electrical nerve impulses shift to chemical messages and back again in an instant. The nervous system can regenerate: bone marrow immune cells travel to the brain and transform into neurons. Biochemicals released by neurons and the cells that protect them are capable of stimulating or suppressing immune activity. Those same protector cells move back and forth between brain and body delivering and receiving information. Nervous System teaches you to send life-giving messages that initiate change at the speed of thought humming along your nerve fibers. Once again, you will use deep, receptive relaxation as a “switch” to turn on your inner network of light.

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